



Descriptions for all Healthy Huntsville Park classes

Bodycombat

BODYCOMBAT™ is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Experience the driving music and powerful role model instructors which make BODYCOMBAT™ the world's most popular martial arts group fitness class. During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.

Body Boot Camp-YMCA

A complete total body workout in a fun, adrenaline filled atmosphere using functional movements and your own body weight!

Boot Camp—Heather Murphy

Taught by a certified personal trainer and boot camp instructor. The class will be 45 minutes long and will incorporate cardio and strength exercises. The goal is to teach people exercises they can do on their own, at home and in under an hour.

Boot Camp—Joe Martin

A fun, energizing workout for women of all shapes, sizes, and abilities. Come get your best workout at your pace and on your level.

Field Day games (Sole sisters)

Sole sisters will host Healthy Huntsville's Field day challenges. Activities will be challenging and fun, with little to no equipment which gives you the option of doing them anywhere!

H.A.B.I.T.S

The class name stands for hips, abs, buns, and incredible thighs. It targets and focuses on toning those trouble areas.

HIIT

HIIT.it's all the rage! Why? Because it torches calories FAST, burning them at a rate double that of ordinary work! It's all out, go as hard as you can, rest, then do it again, and again. It moves fast (perfect for those A.D.D. people out there) using all body-weight work. A thirty minute class will have your heart pounding and rev up your metabolism for an entire day! Even better, everyone sets their own work level . You've got to try it to understand!

Hula Hooping



Interval Workout—Ymca

Interval class; combination of cardio and body strength exercises, plus stretching

Pilates with Christie Seltmann from University Fitness Center

Pilates offers a functional approach to strength and flexibility training. Pilates exercises are created to strengthen abdominal and back muscles by developing pelvic stability and abdominal control. The mind/body awareness developed in Pilates will improve your posture and form in all areas of your fitness program.

Pilates (Terrie Moultrie)

pilates with terriemorringtonmoultrie of eX4L:

Pilates is low impact core work. It's simple enough for a beginner yet challenging enough for even the fittest. Using focused, controlled breathing, proper posture/alignment, and mind-body awareness as tools, pilates will improve your overall core strength and improve all facets of your health. Sound too good? Come give it a try! As a personal trainer specializing in core issues, Terrie will put you on the right path!

Piloxing

PILOXING blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates resulting in a workout that is fun, challenging, and will get you into shape quickly.

PiYo

PiYo is a fusion workout based on the principals of Yoga and Pilates. It is a low impact, yet high energy workout that will improve your balance, strength and flexibility as well as burn calories, promote weight loss and visibly improve muscle tone with regular practice.

Turbokick

Get hooked on the Turbo high! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned—and have a blast doing it! It's high intensity, fast-paced, and totally addicting!

Yoga-- Annette

Yoga class for all levels. Please bring your mat and enjoy an outside yoga class in Big Spring east from the rock fountain.

Yoga—24/7

Yoga is practice that blends sweat, balance, strength and flexibility in a class that thoroughly tones the body and disciplines the mind. A series of yoga postures are done in sync with the breath, in an athletic flowing style from one movement into the next. The results include enhanced physical strength and endurance, improved flexibility and a calm and focused mind.



Yoga

Relieve stress and improve your flexibility, strength, and balance with these time-tested movements.

Gentle Yoga with Christie Seltmann from University Fitness Center– Gentle Yoga is designed for those who want to feel refreshed and rejuvenated, this gentler version of traditional yoga uses movements that are modified to give the benefits of yoga – relaxation, improved range of motion, and decreased joint and back pain, without stress on those joints.

ZUMBA™ with Jen Hopkins from University Fitness Center-

ZUMBA™ is a fusion of Latin and international music and dance themes creating a dynamic, exciting, and energizing workout. UFC also offers Aqua Zumba that gives new meaning to the idea of a refreshing workout!

Zumba

This class features exotic rhythms set to high-energy Latin and international beats. Try this class and before you know it, you'll be getting fit and your energy levels will be soaring.